

On The Home Front

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Utah State University Extension Salt Lake County

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In This Issue

- *Barbecue Safety*
- *Saving Cash This Summer*
- *Vitiman Primer*
- *Celebrate The Seasons*

Barbecue Safely this Summer

More than half of Americans cook outdoors year round, but summertime is still the favorite for barbecues. No matter when you grill it is important to prepare and cook food safely to prevent harmful bacteria from multiplying and causing illnesses. Follow these guidelines for summer food safety.

Defrost safely. Completely thawed meat cooks more evenly. Thaw meat in the refrigerator or in sealed packages in cold water – change the water every 30 minutes. You can also thaw in the microwave if you cook the food immediately.

Marinade safely. Marinades add flavor and tenderize meat. Marinate meat in the refrigerator, not the counter. If you want to use the marinade as a sauce, reserve a portion of the marinade before putting with meat.

Keep cold food cold. Keep meat in refrigerator or cooler until ready to use. Use an insulated cooler with plenty of ice to keep food below 40 degrees F. Keep the cooler out of direct sunlight; place it in the shade. Don't open the cooler too often; this lets cold air out and warm air in. Pack beverages in one cooler and other perishables in a separate cooler.

Clean. Have plenty of clean utensils and plates available. To prevent foodborne

illness don't use the same plate or utensils for raw and cooked meat. If eating away from home, pack clean cloths and hand towelettes for surfaces and hands.

Cook thoroughly. Cook food to a temperature hot enough to destroy harmful bacteria. Use a food thermometer to be sure the food has reached a safe temperature. Chicken and turkey should reach 180° F; ground poultry 165° F; hamburgers 160° F; all pork 160° F; beef, veal, and lamb steaks, roasts and chops at least 145° F for well done.

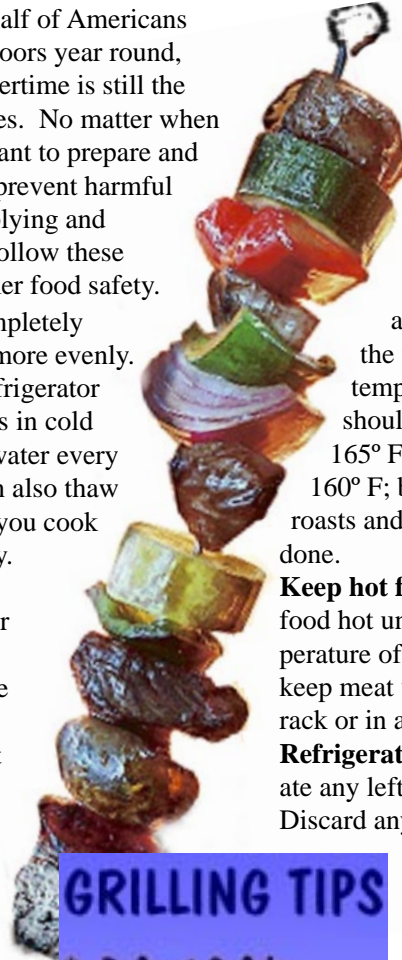
Keep hot food hot. After cooking keep food hot until served. Maintain a temperature of 140° F or higher. You can keep meat warm on the side of the grill rack or in a warm (200° F) oven.

Refrigerate leftovers. Promptly refrigerate any leftovers in shallow containers. Discard any food left out more than 2 hours – 1 hour if temperatures are above 90° F.

Cancer and grilling. Cancer causing compounds can be created when foods are cooked at high heats. You can safely eat grilled foods 3 or 4 times a week. To reduce the risk of creating cancer causing compounds cut off charred portions of meat, remove fat to prevent fatty flare-ups, precook meat in microwave immediately before placing on grill,

move coals to the side to prevent fat and juices from dripping on them.

(Source: *Barbecue Food Safety, USDA Food Safety and Inspection Service, 2003*)



GRILLING TIPS

- * Defrost Safely
- * Marinade Safely
- * Keep Cold Food Cold
- * Cook Thoroughly
- * Keep Hot Food Hot
- * Refrigerate Leftovers
- * Cancer & Grilling

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Saving Your Cash In The Summertime

Marilyn K. Albertson, M.S.CFCS, FCS Agent

Summertime is a time for fun and relaxation, holidays and family get-togethers. It can also be an expensive time for your pocketbook. Try saving some cash this summer through adopting some of the following habits.

Save Money on Energy and Water —Turn up the air conditioner temperature a few degrees, turn off at night then open the windows. Use portable fans to circulate the cool air in the evenings. Lower the thermostat on your hot water heater; 115° is comfortable for most uses. Replace incandescent bulbs with compact fluorescents. Air-dry dishes instead of using your dishwasher's drying cycle. Use a microwave oven or outside grill instead of a conventional electric range or oven. Bake more than one thing at a time when using your oven.

Turn off your computer and monitor when not in use— Plug home electronics, such as TVs and VCRs, into power strips and turn power strips off when equipment is not in use. Find more outdoor activities to replace your use of energy-using equipment.

Take showers instead of baths to reduce hot water use. Keep water for drinking in the refrigerator or a cooler on the counter with a spout for easy access. Dry your clothing on a clothes line or portable rack rather than in the dryer then place in the dryer for the last few minutes to fluff them. Water your yards and gardens only when necessary.

Save Money on Travel — Make sure your car is serviced regularly. Use the correct type of gasoline and don't overfill your tank. Fuel expands in hot weather and can overflow. Make sure your tires are properly inflated. Try to use the air conditioner only when necessary; use the recirculation settings or economy to reduce the load on the engine. Drive at a moderate speed and try not to stop and start, slow down and speed up so much. Try to find alternatives to driving- bike, bus, Trax or feet can all be used for close errands. Time your trips to coincide with other activities to avoid driving more than necessary.

If the travel budget is tight, try tripping locally. Visit the sites as if you were a tourist coming from out of town. Sleep at home, take a picnic lunch with you to avoid high food costs and then splurge a little for a nice dinner or go out for lunch at a place you have never been. Lunch is cheaper than dinner at most restaurants. This way you avoid the expense of a hotel and can use the money on the entertainment that might have a fee. Look for low-cost or no cost entertainment. The summer months are filled with

opportunities for free concerts, low cost camping, parades, parks, picnic areas, free fishing in urban fisheries, and lots of natural stuff – hiking, walking the Jordan River Parkway, etc.

Save Money on Clothing and Household Items —Now is the time to make a list of the items needed to refurbish your child's school wardrobe as well as your own. Make a list of what is needed and start watching the sales. Watch for end of season sales, project needs for the season ahead. June and July are good months to pick up summer clothing that could work well into fall. July brings sales on sportswear, shoes, lingerie, appliances, and even building materials. If you can wait till the end of the summer – air conditioners, barbecue sets, camping equipment, lawn mowers are cheaper. Sometimes a sports store will have last year's version of a current coat on sale at a reduced price, at the same time they have just put out their new year's styles.

Another "summer activity" is the weekend Garage or Yard Sale. To really save, make sure you need the item. These are great places to pick up extra children's clothing, toys, household items, exercise equipment and even bicycles, at rock-bottom prices. Before you buy, check your shopping list and know the normal price of the item and have a good eye for evaluating the condition of the items.

Save Money on Eating — Buying food in season can certainly lower your food bill. Plan menus and purchase ingredients ahead preventing the last minute dash for fast food. Summer is a great time to purchase inexpensive fruits and vegetables. Cut costs of planing menus around fresh foods complemented by meat rather than having meat be the main focus.

Prepare snack foods ahead — cut up vegetables and fruits. Make cookies or other treats and freeze ahead. Keep drinks or lemonade made up and cold in the refrigerator to curb the drive to the corner gas station, store or vending machine – a much higher cost.

Have your family think of other ways you can save. You might even make it into a contest with a neat reward at the end. Good luck and have fun saving your cash this summer! *Resources: Marilyn Albertson, USU Extension FCS Agent, U.S. Department of Energy <http://www.energy.gov/> (Energy Saver Tips) AAA Utah.*

General Rules for Outdoor Food Safety

By Pauline Williams, MPA, RD; USU Extension Agent

- Plan ahead: decide what you are going to eat and how you are going to cook it; then plan what equipment you will need.
- Pack safely: use a cooler or pack foods in the frozen state with a cold source if hiking or backpacking. Keep raw foods separate from other foods. Never bring meat or poultry products without a cold source to keep them safe.
- Bring disposable wipes or biodegradable soap for hand and dishwashing.
- Plan on carrying bottled water for drinking. Otherwise, boil water or use water purification tablets.
- If using a cooler, leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftover food.
- Protect yourself and your family by washing your hands before and after handling food.



(Source: *Food Safety while Hiking Camping and Boating, USDA Food Safety and Inspection Service*)

Vitamin Primer

By Pauline Williams, MPA, RD , USU Extension Agent

Biotin

Food Sources: meats, dried beans, eggs, grain products.

Functions: helps the body manufacture fat, protein, and glycogen.

Deficiencies: fatigue, nausea, hair loss, dry and scaly skin. Deficiencies are extremely rare.

Overdoses: None known; excess is rapidly excreted.

Pantothenic Acid (pantothenate)

Food Sources: many foods from all food groups.

Functions: helps release energy from carbohydrate and fat



Deficiencies: fatigue, nausea.

Deficiency is very rare.

Overdoses: None known; excess is rapidly excreted.

Vitamin C (ascorbic acid)

Food Sources: citrus fruits, strawberries, potatoes, green peppers, tomatoes, broccoli.

Functions: wound healing, manufacture of collagen, antioxidant, may decrease duration and symptoms of cold, but will not prevent a cold.

Deficiencies: bleeding, bruising, slow wound healing.

Overdoses: nausea, cramps, diarrhea.

Celebrate the Seasons – USU Extension Holiday Fair

Saturday July 10, 2004 8:30 a.m. - 1:30 p.m.

2001 South State Street, South Atrium

Food Through the Seasons

Apple Box Baking. Bake meatloaf, cookies and bread without electricity! Use an apple box oven while camping, for emergencies, or leave in to avoid heating up your kitchen.

Cherie Clawson.

Healthy Holiday Eating. Eat right for Mother's day, Valentine's day, Thanksgiving, or Halloween. Travel month to month through the year with tips, tricks, recipes, and menus.

Pauline Williams.

Going Dutch. Dutch ovens can be used at home or away, when the power is out, or when you don't want to heat the house with the oven. Learn to care for your Dutch oven, and sample warm spiced gingerbread cake with applesauce. *Merrill Rowley.*

Hot Grilling. Barbecues and grilling are "hot" no matter the time of year. Join the Utah Beef Council for the latest and greatest grilling ideas. *Jacob Schmidt.*

Preparedness for All Seasons

Disaster Strikes. An earthquake, power outage, flood, or wildfire — the Earthquake Lady will make sure you are ready for any disaster. For extra insurance sign up to make a mini preparedness kit in the Make and Take area. *Maralin Hoff.*

Debt-Proofing Your Holidays. Identify the ghosts of holiday spending past and present. Learn tips to save your sanity and debt-proof your pocketbook for future holidays. *Marilyn Albertson.*

De-Cluttering Your Office and Your Life. Tips and techniques to de-clutter every season and space in your life. *Myla Dutton.*

Money Makeover — A Financial Foundation. Explore sound financial rules and strategies to get out of debt, save for your future, and create financial security. *Brad Marchant.*

Weather — Proof Your Car. Tools and tricks to keep your car running safely and smoothly come rain or shine, sleet or snow. *Brad Marchant, & Guest.*

Crafts and Activities for Any Season

Activities that Teach Values. Family fun and values too? Discover activities and games for family reunions, family night out, campouts, youth activities, and more. *Curtis Crittenden.*

Hook Your Family on Books. Do you remember the first time you hid a flashlight under the covers because you had to find out how a story ended? Join King's English Bookstore as they renew your passion for books and find out how to select books for your child that will inspire that same excitement all through the year.

SmartArt. Parents & kids can learn & have fun sharing special times together exploring the creative possibilities of seasonal/holiday arts and crafts. This workshop will include a variety of ideas and project templates for kids K-6th grade. Hands on projects. *Amy Hansen.*

Paper Capers for All Seasons and Holidays. Ideas for using paper to make stationary, gift tags, calendars, gift bags and more. You will make and take a project in the class.

Teresa Hunsaker. *\$2.00 additional charge for this workshop.

What to My Wondering Eyes Should Appear. Holiday gift creations for those far and near. Kids and adults learn to create quick and easy gifts that are fun to make and show you really care. *Heather Rasband.*

Wreaths — Changing Through the Seasons. Join Michael's Crafts as they demonstrate ways to adapt a basic wreath for any holiday.

Make and Take Area

Holiday cards, mini preparedness kits, and Rag Christmas trees. Choose a project, visit the make and take area any time during the fair, and take a finished project home. See fees below.

One registration form per person (copy if needed), Registration Deadline July 2, 2004.

Name _____	Holiday Fair 1	\$10.00	
Address _____	Rag Christmas Tree (3)	\$7.00	<input type="checkbox"/>
City _____ State _____ ZIP _____	Holiday Cards	\$5.00	<input type="checkbox"/>
Phone _____	Mini Preparedness Kits	\$5.00	<input type="checkbox"/>
E-mail _____	*Paper Capers	\$2.00	<input type="checkbox"/>
	TOTAL	\$ _____	

**Make checks payable to USU Extension; to pay by credit card call (801) 468-3179.
Mail To: USU Extension Holiday Fair; 2001 S. State St. #S-1200, SLC, UT 84190-2350.**

All classes are on a first come first serve basis with the exception of paid class Paper Capers. Registration is \$15 at the door.

____ Special Needs. Special arrangements, including dietary, physical accesses, or other accommodation request check here and USU Extension will contact you. 15 working days is needed to facilitate special needs requested.

Gardener's Grapevine

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- Landscape Color
- On Line Publications
- Intermountain Plants

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Success in the Flower Garden

By Maggie Wolf, Utah State University Extension Agent

A good mix of annuals and perennials will color your garden and landscape through the entire summer. Most annuals have a longer bloom time than perennials, but must be re-planted every year. Many perennials will bloom a short time early in the season, then again later, if encouraged. Weed prevention, plant establishment, and dead-heading are a few simple practices to keep your flower beds fresh and beautiful all season long.

Probably the most important step in flower garden maintenance is weed control. Even the most beautiful flowers cannot mask a weed infestation. And, continually fighting weeds takes the joy out of flower gardening. Take preventive steps to make weed control easier. Mulch your flower beds every year or two with an organic mulch such as pine bark. Maintain a mulch dept of 2 to 3 inches. Mulch helps conserve soil moisture, suppress weeds, improve water infiltration and aeration to the root zone, and slowly adds organic matter to the soil. Pre-emergent herbicides are also valuable tools to keep weeds at bay. (Never use pre-emergent herbicides in areas you will directly sow seed into). Scout the flower beds at least weekly, and hand-pull young weed seedlings before

they become well established. Remember that weed seeds can remain viable for up to 8+ years, so try to prevent any weeds from dispersing their seed into your landscape.

Growing annuals by directly sowing seed into the garden is a time-honored tradition, saves money, and allows for good root development. Most annuals germinate quickly and may be flowering within 8 weeks. For novice gardeners, sow the seed in rows or another regular pattern, so that germinating weeds can be recognized and plucked out as they emerge among the flower seedlings. Annuals that perform well from direct sowing include: cosmos, morning glory, marigold, sweet pea, baby's breath, California poppy, zinnia, four o'clocks, larkspur, nasturtium, and sunflowers. Follow planting recommendations on the seed packet.



Nasturtium

(Continued on page 3)

Color Accents In The Landcape

By Maggie Wolf, Utah State University Extension Agent

The number one function of flowering plants in our landscapes is color. Color draws attention, probably because animals (including humans) and plants co-evolved and both serve the other with attributes to assure survival. Insects are attracted to color (ever wear yellow in the garden?) because color indicates a pollen source. Plants benefit from insect visits by improved pollination and flower fertilization – thus better seed production and thus better species survival. Colorful fruit is more likely picked and consumed, then seed and all can be transported to a new growing site. Whatever the evolutionary mechanisms, humans still crave color, and lots of it.

In the landscape, too many different colors in close proximity can lose their eye-catching effect, so it's good planning to plant similar color and bloom time plants close together.

Choose plants of different heights so that the color of each is more visible. Here are some common suggestions for plant pairing for increased color impact:

Early Season

Forsythia (*Forsythia x intermedia*) + 'King Alfred' or other all-yellow daffodils, yellow snapdragon, yellow pansies

Red Flowering Quince (*Chaenomeles speciosa* 'Minerva') and early season red tulips ('Red Emperor')

Lilac (light purple) + purple tulips, grape hyacinths, anemone, creeping phlox



Potentilla

Mid-To Late Spring

Bridalwreath Spiraea (*Spiraea prunifolia*) + mid-to late season white tulips

Golden Chain Tree (*Laburnum x watereri*) + Leopardbane, yellow iris, cushion spurge

Beautybush (*Kolkwitzia amabilis*) + pink garden phlox, pink iris

Summer

Yellow shrubby cinquefoil (*Potentilla* sp.) + Missouri Evening Primrose, dwarf coreopsis, yellow gaillardia, yellow torch lily

Bumald spiraea (lavender pink) + ageratum, laurientia, petunia

Cardinal climber (vine with red flowers) + Weigela (*Weigela florida* 'Bristol Ruby' or other red flower type), red annual salvia, red geranium, red lobelia

Butterfly bush (pink) + pink petunias, pink pentas, pink iceplant

Heavenly Blue Morning Glory (vine) + Bellflower, Bachelor Buttons, Delphinium

Fall

Deciduous Holly (*Ilex deciduas*) + Burning Bush (*Euonymus alata*)



Above: Yellow Iris

Right: Delphinium

(Continued from Page 1)

Transplanted annuals perform best when established in spring, after the average last frost date (May 15 in the Salt Lake area). Some flowers may be blooming when purchased. While there is no conclusive evidence that removing the flowers will help the plant establish and grow faster, some annuals such as snapdragons, agastache, coleus, and salvia will become a sturdier, bushier plant if the terminal shoot is pinched back ¼ inch above a stem-leaf intersection. This will probably remove the existing flower, if any, but the benefit will be apparent in a few more weeks.

Perennials are typically purchased as plants, since most are more difficult to start from seed, and if started from seed will not flower the first season. However, many gardeners enjoy the extra challenge of direct-sowing perennials. Or, they may have meant to start the perennials from seed indoors, and got a late start. Perennials to direct-sow include: columbine, coreopsis, purple cone-flower, gaillardia, rudbeckia, hollyhock, lupine, evening primrose, and Shasta daisy.

Perennial flowers may have one 2- to 6-week bloom time during the season, so use a variety of plants with various bloom times for season-long color. Allow your perennials room to grow and expand. For the first year or two, fill in the blank areas between young perennials with annuals. As the perennials' root systems grow, the top part of the plant will come back with more vigor and better flowering each year. After several years, there will be no blank space left during the growing season.

Most perennials will benefit from the maintenance practice called 'dead-heading'. This is the removal of flowers that have finished blooming and are going to seed. Dead-heading can induce a second flowering during

the season, or promote continued flowering, depending on the plant. Your plants will stay much more attractive because of dead-heading. For example, yarrow will often bloom profusely in late spring, and the flowers may persist a long time. As soon as the flowers begin to lose color, cut them back, and the plant will often bloom again before frost. Many coreopsis have a very long bloom time, but it can be extended even farther with consistent dead-heading. Dead-heading is sometimes used in flowering shrubs, and is a common practice on roses.

Among your annual and perennial flowers, place some foliage plants to provide color contrast and textural interest. Good foliage plants include iresine, alternanthera, coleus, dusty miller, kale, ornamental grasses, yucca, and small shrubs such as wormwood, barberry, and cotoneaster.

Fertilizing your flower bed is important for good plant vigor, but take care to not over-fertilize. Many flowering plants perform best when a balanced fertilizer is applied. Slow-release formulations allow for a sustained feeding over a longer time, with less risk of excessive nitrogen uptake. Native Utah plants may perform best in a 'poor' soil, with no amendments and little fertilizer. Most 'traditional' flower bed plants thrive in raised beds with amended soil (add organic matter like compost) and adequate fertilizer. Soluble complete fertilizers such as 'Miracle-Gro' are easy to use and reduce the risk of over-fertilizing.

Flower gardens provide color, scent, interest, and value to our landscapes. Care and maintenance becomes a relaxing and enjoyable hobby, with very visible rewards. Even a small, well-kept flower bed can be a source of pride this summer, when tended with care and attention on a regular schedule.

Garden Publications Available On Line

Helpful USU Extension publications for garden maintenance include:

'Landscape and Garden Weed Control', HG508, available on line at: <http://extension.usu.edu/files/publications/HG508.pdf>

'Selected Perennials for the Wasatch Front', USU 506, available at the USU Extension county offices.

'Selecting and Using Inorganic Fertilizers', USU Extension publication HG509, available on line at <http://extension.usu.edu/files/gardpubs/inorganic.htm>

'Selecting and Using Organic Fertilizers', USU Extension publication HG510, available on line at <http://extension.usu.edu/files/gardpubs/organic.htm>

'Preparing Garden Soil', USU Extension publication HG01, available on line at: <http://extension.usu.edu/files/gardpubs/hfs01.pdf>

Plants For The Intermountain West

By Wade Bitner, USU Extension Horticulturist

Landscaping the home grounds may be fun and interesting if you use a little common sense. Many plants from other areas do not grow here because they are not adapted to the climate of the intermountain west. Look to the nearby mountains to see what will work in our own landscape. This area has low relative humidity that will go as low as 10% for a time during the summer and rise only if it rains. Water totals range from 11 inches per year to 20 inches per year depending on location, therefore, it is helpful to plan for low water landscapes.

Historically, the pioneers found grasses as tall as 10-12 feet in the valley and wheat grasses 6-7 feet tall but no trees in the valley with the exception of a few willows along streams. William Clayton, a pioneer “observed a grove of sugar maple, much timber along the creek, and beds of green rushes in several places. Water and growing plants were cause for hope.” This last statement is still significant today. Planting native plants is a way to successful landscaping. The ‘sugar maple’ he described was a dwarf maple (*Acer grandidentatum* or Big Tooth Maple). Grasses were found rather than trees, therefore, we need to choose carefully which trees to grow in the valleys. What elevation the trees normally grow in will give us a clue how successful the planting will be in our yard.

I have listed some native landscape plants that function well in our landscapes and are adapted for low water and low humidity found in this area.

Bigtooth or Western Sugar Maple (*Acer grandidentatum*) may be used as a landscape tree here in our area because

it is native to this area. This is a relative of the sugar maple found growing commonly about 4500-6000 feet in elevation. Sugar production may be possible, but because of the small size it is difficult to get enough to make syrup. The Bigtooth Maple grows on rocky sidehills and high pH soils requiring moderate water. However, it only grows 30’ tall. This tree turns a spectacular red fall color as soon as the first frost occurs. It will display such color in our landscapes as well. Somewhat slow growing, it is a pleasant addition to the home landscape. Plant this tree where it will receive a moderate amount of water for maximum growth.

A close relative is the **Rocky Mountain Maple** (*Acer glabrum*) which is commonly seen as a ‘clump’ of maples. Sometimes it is a single stem just above ground level and a graft of five or six stems above it. This variety has a wonderful red stem. Mature height in the mountain states is 15’-25’. A hardwood tree, it is slow-growing in nature and works well in the landscape where it gets more water than in the native habitat. The additional water helps it grow faster in this area but is not required once it is established. The spectacular fall color is worth the wait for this family of trees. Leaves are borne singly and are not too large (3”-5” inches in diameter). This tree is available for landscaping and should be considered where a small tree would fit well.

Golden Currant, *Ribes aureum* is a member of the currant family which means it has edible fruit. Used as a low water use landscape plant, this low-growing shrub can provide color in the spring and fall to your yard. During the summer the leaves are yellow-green. This plant has been under cultivation since 1881.

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